



Travel the World

十二天十晚神秘西藏

林芝 / 巴松措 / 拉萨 / 羊湖 / 日喀则 / 西宁 / 成都 [CCLA]

中国

英文导游

行程亮点:

- 入住当地 4 + 5 星酒店
- 全程无购物站
- 林芝鲁朗林海观景台
- 高原圣湖巴松措 [含环保车]
- 神奇天路拉林高速
- 西藏淡水湖羊卓雍措湖
- 药王山摩崖石刻
- 世界文化遗产布达拉宫 [含耳麦] + 夜游
- 西藏佛寺 - 塔尔寺 [含电瓶车]、大昭寺 [含耳麦]、扎什伦布寺
- 体验乘坐世界最高海拔火车旅程-青藏火车从拉萨前往西宁
- 西宁贵德地质公园 [含电瓶车]
- 西藏古道街八角街
- 创意文化园区东郊记忆公园
- 成都景点宽窄巷子、锦里古街、太古里、春熙路步行街

风味餐:

- 林芝石锅鸡
- 巴河鱼风味
- 藏粤风味
- 尼泊尔风味
- 野菌火锅
- 药膳风味
- 粤菜风味



塔尔寺

大昭寺

药王山摩崖石刻

青藏火车体验

卓雍措湖

八角街

扎什伦布寺

圣湖巴松措

鲁朗林海观景台

贵德地质公园

卡若拉冰川

拉林高速公路

第一天 吉隆坡 ➔ 成都

- 集合于吉隆坡国际机场，飞往四川省省会城市 – 成都。
- 抵达后，前往入住酒店休息。
- ★ 成都 – 天府国际大酒店精品楼 或同级

[机上用餐]

- 接着，来到位于日喀则江孜县年楚河上游的是另一个羊湖**斯米拉水库**，因斯米拉山得名，也称斯米拉湖，纯净碧绿的湖水，有如绿宝石，周围岩石上悬挂大量的祈祷旗，景色壮观惊艳。
- 之后，前往西藏第二大城市日喀则住宿一晚。
- ★ 日喀则 – 日喀则舍里别院酒店 或同级

第二天 成都 ➔ 林芝

[早/午/晚]

- 早上，离开成都，乘坐客机飞往林芝市。
- 抵达后，前往游览鲁朗林海，西藏少有的森林景观，氧含量高，位于色季拉山区域，一路上景色让人目不暇接。途经色季拉山口，远眺喜马拉雅壮丽和著名雪山南迦巴瓦峰，登上**鲁朗林海观景台**，欣赏南迦巴瓦峰矗立在茫茫林海之上划破苍穹的震撼之美。
- 晚餐后，入住林芝酒店一晚。
- ★ 林芝 – 锦江都城酒店 或同级

第七天 日喀则 ➔ 拉萨

[早/午/晚]

- 早餐后，参观日喀则班禅大师灵魂安息地、黄教六大寺之一**扎什伦布寺**，也是历代班禅的驻地，曾经是后藏重地的政权统治中心。这座藏传佛教寺庙，其宏伟的建筑、珍贵的文物和深厚的宗教文化艺术成为西藏百姓及信教群众心中的圣殿
- 晚餐后，返回拉萨入住当地酒店一晚。
- ★ 拉萨 – 西藏宾馆贵宾楼 或同级

第三天 林芝 ➔ 巴松措 ➔ 拉萨

[早/午/晚]

- 早上，离开林芝市前往**巴松措**【含环保车】，又名错高湖，翡翠般绿色的湖水被誉为高原绿宝石，湖水呈现不同的层次、浓淡和美感，令人心醉，也是西藏红教的圣湖。这里最引人注目和不能错过的是湖心的一座小岛，名为扎西岛，岛上有一座古老寺庙–**错宗工巴寺**，又称扎西岛寺，藏语为湖中城堡，是藏传佛教宁玛派的圣地之一，藏有浓厚的宗教氛围和古老的文化底蕴。
- 随后，驱车通过西藏颜值最高的神奇天路–**拉林高速公路**，前往圣城拉萨，公路串联两地美景，让您有一种飞驰在蓝色的海洋之上的奇妙感觉。
- 晚餐后，前往世界文化遗产，兴建于吐蕃王朝的**布达拉宫**观赏夜景。
- 拉萨 – 西藏宾馆贵宾楼 或同级

第八天 拉萨 ➔ 西宁

[早]

- 早餐后，乘坐**青藏列车**前往西宁，享受在世界海拔最高的火车过程，沿途的景色和铁路风光是西藏旅游的绝佳体验。
- 住宿火车上一晚。
- ★ 火车上 – 火车软卧 4 人 1 室

第九天 西宁 ➔ 贵德 ➔ 西宁

[午/晚]

- 早上，前往贵德，游览**贵德地质公园**【含电瓶车】，是以自然地貌景观和地质遗迹为主要特征，辅以多样生态景观和丰富人文景观的一个综合性地质公园，包括阿什贡园、黄河河谷园、麻吾峡园三个主园区。公园内阿什贡七彩峰从地貌多姿多彩，秀丽壮美；黄河河谷景观美轮美奂，如花似锦；麻吾峡风蚀地貌鬼斧神工，变幻无穷，是一座土文化内涵丰富、丹霞自然景观奇特、地质研究与科普教育价值极高的文化旅游胜地。
- 返回西宁，晚餐后，入住酒店一晚
- ★ 西宁 – 西宁高铁站智选假日酒店 或同级

第四天 拉萨

[早/午/晚]

- 早餐后，游览典型的藏式风格园林，也是西藏的世界文化遗产之一**罗布林卡**，走进素有西藏植物园之称的园林，院内葱绿的树木、鲜艳的花朵、宏伟的藏式建筑构成了一幅优美的风景图。
- 接着，参观附近的**西藏博物馆**，是西藏唯一一座具有现代化功能的一级博物馆。
- 之后前往**药王山**，这里有不得不看的千佛洞和摩崖石刻，踏入千佛崖，眼前色彩斑斓、数量众多的佛像雕刻深深吸引，这些雕刻形态多样，大小不一，却都生动逼真，仿佛拥有生命的气息。
- 晚餐后，返回酒店休息。
- ★ 拉萨 – 西藏宾馆贵宾楼 或同级

第十天 西宁 ➔ 成都

[早/午/晚]

- 游览西宁最为著名的藏传佛教寺庙**塔尔寺**【含电瓶车】，是藏传佛教格鲁派创始人宗喀巴大师的诞生地，这里有着藏汉建筑艺术相结合的佛教园林建筑群，是西北地区藏传佛教的活动中心，在全国及东南亚享有盛名。
- 接着，乘坐客机返回成都。抵达后，游览成都市内一条历史悠久的古老街区**锦里古街**，这里保留了大量明清时期的传统建筑和传统文化。
- 享用晚餐及住宿成都当地酒店。
- ★ 成都 – 成都泰合国际大饭店 或同级

第五天 拉萨

[早/午/晚]

- 早餐后，游览**布达拉宫**【含耳麦】，一座世界上海拔最高，规模宏大的宫殿建筑群，于 17 世纪重建后，成为历代达赖喇嘛的冬宫居所，为西藏政教合一的统治中心，整座宫殿具有鲜明的藏族风格，依山而建，气势雄伟，宫中收藏了无数的珍宝，为一座艺术殿堂。
- 过后，参观最古老寺院**大昭寺**【含耳麦】，是藏传佛教信徒中心的圣地，寺庙融合了藏、唐、尼泊尔、印度的建筑风格，成为藏式宗教建筑的千古典范。
- 离开大昭寺后，到环绕大昭寺的**八角街**按顺时针方向游走一圈，八角街又名八廓街，是西藏的市集古道街，也是海外朝圣最佳天堂，街上商品琳琅满目、目不暇给，颇具特色。
- 享用晚餐后返回酒店休息。
- ★ 拉萨 – 西藏宾馆贵宾楼 或同级

第十一天 成都 ➔ 吉隆坡

[早/午/晚]

- 早餐后，展开成都市区观光。
- 首先，游览成都**东郊记忆公园**，别称成都东区音乐公园，是由成都老工业改造而成，是集音乐、美术、摄影为一体的创意文化园区。
- 接着，漫步成都**宽窄巷子**，这是成都新改造的清朝古街道，可以在这里品尝当地的美食、购买纪念品，感受当地的文化。
- 之后，前往成都**春熙步行街**，这里是中国西部最繁华的商业街，是购物的天堂。
- 游览**太古里**，是一座传统川西风格的开放式建筑，这里是时尚聚集地，也可以找到许多当地美食、亚洲美食及西方美食。
- 晚餐后，送往机场飞返吉隆坡。

第六天 拉萨 ➔ 羊湖 ➔ 日喀则

[早/午/晚]

- 早餐后，离开拉萨，往世界最高淡水湖**羊卓雍措**前行，是西藏三大圣湖之一，简称羊湖，湛蓝湖水让人心旷神怡。
- 环绕羊卓雍措，途径公路边曾为电影《红河谷》外景地的**卡若拉冰川**，近距离观赏冰川景色，令人叹为观止。

第十二天 抵达吉隆坡

自费项目：

- 文成公主大型实景秀 - RMB 380/人

备注：行程内容及顺序若有更改，将以当地旅行社最终安排为准。行程顺序或因当地非预期情况而需临时更改，恕不预先通知。

出发日期	成人 [双人间/三人间]	小孩占床	小孩 不占床	机场税及 燃油费	小费	旅游保险	膳食		
							9 早餐	9 午餐	9 晚餐
							单间差	总计	出发日期



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SRI AMERICA TRAVEL CORPORATION SDN BHD (KPK 0166) (48718-K)

Tour Terms and Conditions

Passengers are deemed to have read, understood and accepted the following conditions. The organizer shall be known as “The Company” in the conditions below.

RESERVATIONS AND DEPOSIT

A deposit of RM 500 - RM 3,000.00 (subject to tour package selected) is required upon booking. The balance is to be paid in full 35-40 days before departure. Failure to comply with this may result in an automatic cancellation of reservation and a forfeiture of deposit. Deposits are applicable for the tour booked only and are not transferable.

CREDIT CARD / CHARGE CARD

An administrative fee is chargeable for payments by credit or charge card.

CANCELLATION / AMENDMENTS

- 1) Cancellation of a confirmed booking must be made in writing to avoid misunderstanding.
- 2) Postponement / transfer of tour will be deemed to be a cancellation and will be charged accordingly.
- 3) Cancellations during peak, festive or holiday seasons will result in 100% forfeiture of the booking deposit.
- 4) For each amendment made after a booking has been confirmed, a fee will be charge by the respective airlines and service suppliers. An amendment does not constitute a transfer to another tour.
- 5) Deposits paid during travel fairs are non-refundable and will be forfeited if passenger cancels tour.

6) CANCELLATION NOTICE

CHARGE PER PERSON (RM)

- | | |
|---------------------------------------|---------------------|
| a) More than 31 days before departure | 35% of all-in fare |
| b) 15-30 days before departure | 75% of all-in fare |
| c) 00-14 days before departure | 100% of all-in fare |

REFUND ON TOUR PACKAGES

As The Company is acting as an agent for the service suppliers, all arrangements are still SUBJECT TO CONFIRMATION even after a deposit or full payment has been made. When the arrangement cannot be confirmed, The Company will endeavour to notify passengers as soon as possible and a full refund will be made. The Company shall henceforth not bear any other liability or responsibility.

TOUR FARE INCLUDES (GROUP TOURS ONLY)

- Unless stated otherwise, the fare includes:-
- Return economy class group tour air ticket.
 - Return airport transfer (airport to hotel and vice-versa)
 - Hotel accommodation on twin-share or triple-share basis. Single room occupancy is at additional cost.
 - When booking triple-share rooms please note that third bed may be a “roll-away” bed.
 - All meals are specified in the itinerary. If the selected carrier’s flight time does not allow for certain meals to be taken, there shall not be any refund for meals not consumed.
 - Baggage allowance is 20 kilos per passenger, unless specified otherwise by the airline.
 - Group materialization and services of a tour manager is subject to a minimum group size of 15 paying adults (For the purpose of computation, 2 children constitute as 01 adult)

TOUR FARE EXCLUDES

- Visa fees
- Airport taxes + fuel surcharges (Subject to change without prior notice)
- Extra baggage allowance
- Meals, beverages, room services or any others not specified in the itinerary.
- Gratuities to driver, tour guide or tour manager.
- Other incidental items of a personal nature.

Tour fares are based on current airfares, service prices, government tax and exchange rates, applicable at time of print or quotation and are subject to change with or without prior notice.

CHILD FARE

Eligibility: Below 12 years (on the date of departure) Child fare is based on sharing a room with two adults. There will be an additional cost for child sharing one room with an adult.

ACCOMMODATION

In the event the accommodation booked or requested is not available, every effort will be made for an alternative accommodation of similar standard. The Company shall henceforth not bear any other liability or responsibility.

SPECIAL REQUEST

If there are any requests regarding special meals, dietary requirements, adjoining rooms and so on, please inform The Company when booking. Such requests are subject to confirmation and availability.

TRAVEL DOCUMENTS

It is the passenger’s responsibility to ensure that his/her international passport has a validity of at least 6 months from the date of departure. Relevant visas and vaccinations may be required. An administrative fee of RM50.00 per person will be levied for any cancellation due to non-approval of visas.

The Company will, wherever possible, assist you to obtain the necessary visas. Service charge and visa fees will be borne by the passenger. The Company does not guarantee the approval of the visa application. If for any reason, application for visa or exit permit is rejected, a full refund of all monies paid (excluding visa application fees) will be made, if the result of the rejection is made known to the Company at least 30 days prior to departures.

The Company cannot be held responsible for any expenses, reimbursement or refund of any tour fares if passenger is refused entry by any country on the tour for whatever reasons, including lack of necessary visas.

SEAT ROTATION

For the convenience of all members of the group, passengers are requested to rotate their seating arrangements on the coach during the period of the tour. Please co-operate when called upon to do so by the tour leader/guide.

TRAVEL INSURANCE

Strongly recommended with respect to such areas as trip cancellation, personal baggage, personal accident, injury and illness. Under no circumstance is The Company to be construed as a carrier under contract for safe carriage of the passenger or her/his baggage and belongings. Our staff will be pleased to assist in the enquiries of any travel insurance.

EXTENSION OF STAY / DEVIATION

Extension of stay / deviation may be permitted at the end of the tour, subject to validity and restrictions of air ticket, seat confirmation and availability of hotel prior to the commencement of tour. It is the passenger’s responsibility to hold firm confirmation for their return flight. When extension of stay / deviation cannot be confirmed three weeks prior to the group’s departure date, the passenger is deemed to be taking the original tour schedule. In the event that the original arrangement has been changed by The Company during the process, any extra cost will be borne by the passenger.

Extension of stay / deviation will be at the passenger’s own expense and transfer to airport will not be provided. Alteration on the routing or date of travel is at the passenger’s own risk. No refund will be made to such a person for unused air tickets or for any meals and sightseeing tours or accommodation not used in part or full.

The air ticket issued is a special ticket, restricted to a specific airline only. It is non-negotiable, non-endorsable, non-reissuable, non-refundable and non-reroutable.

OPTIONAL TOURS

Optional tours are arranged at the customer’s request and confirmed with their consent. The Company is only acting as an agent for the service suppliers; and does not accept any responsibility for said optional tour(s).

RESPONSIBILITY

The Company acts only as an agent for the transportation companies, hotels and other principals for the tour programmes. They accept no responsibility for injuries, damage, accident, loss, delay, quarantine, theft, customs regulations, strikes, changes in itinerary, deportation or refusal of entry by Immigration Authorities resulting from improper travel documents, possession of unlawful items or irregularities that may be caused to person or property. Any losses or expenses are the responsibility of the passenger. All proper travel documentation is the sole responsibility of the passenger.

The Company reserves the right to alter itineraries, travel arrangements, hotel reservations etc. If it is necessary or in the case of force majeure, The Company reserves the right to cancel any tour prior to the date of departure for any reasons, including insufficient number of participants (minimum 15 paying adults). Should this happen, that entire payment shall be refunded without further obligations on the part of The Company.

The Company will recommend an alternative tour, preferably to the same destination or other destinations. Should the passenger decide not to accept the alternatives, all monies paid shall be refunded in full by The Company without further obligations.

The Company also reserves the right to require any individual to withdraw from the tour if deemed his/her act of conduct is detrimental to or incompatible with the interest, harmony and welfare of other passengers and the tour as a whole. Should this right be exercised, all monies paid shall be refunded in full by The Company to the passenger. The Company shall be under no further liability thereafter to any such person.

No tour Managers / guides or other employees or agents of The Company are authorized to commit The Company to any liability whatsoever and The Company will not be bound by any statement unless in writing and signed by a management executive of The Company.

The Company reserves the right to take the films and photographs of passengers while on tour with The Company to be used for brochures, advertising or publicity material without obtaining any further consent from the passenger.

It is the prerogative of The Company to cancel the tour in whole or in part if there is a real possibility that the life, limb or property of any person may be endangered. The Company will refund in whole or in part as the case may be, and will not be responsible for any further liability.

COMPLAINTS / CLAIMS

Any complaint or claim must be made in writing and received within two weeks after services have been rendered. No responsibility is accepted in respect of any claim or complaint not so made.